

minerals → deficiency - Food recommendation.

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|-----------------|---|---------|--|
| Ca | osteoporosis rickets | 1000 | Excess - Hypercalcaemia, renal calculi |
| Na | Cramp, weakness, etc | | Excess: - Hypertension, Oedema. |
| Zinc | Retard Growth & wound low sperm count | 0.8 | Excess: - Nausea, Vomiting, & Anaemia. |
| Phosph | Rare, but may occur in premature Infants fed on human milk. Also renal loss | 700 | Excess: - Sclerosis |
| Iron | Anaemia of phosphate - Anemia (normocytic or microcytic) | 18 3 | leads to muscle weakness |
| fluoride | | | |
| Iodine (ug) | hypothyroidism | 150 | |
| magnesium | Neurological problems such as tremor, confusion, seizures | 320 | Excess: - Uraemia. |
| Potassium | hypokalaemia - muscle weakness, cardiac arrest, reduction in bowel peristalsis. Apathy & confusion | | Excess: - renal failure, muscle weakness, cardiac arrhythmias, cardiac arrest. |
| Selenium | | 55 | |
| Sulphur | | | |
| Bicarbonate | | | |
| Copper (ug) | | | |
| Chromium (ug) | | | |
| Manganese | | 1.8 | |
| Molybdenum (ug) | | 34 | |

